

LA.SALLE.DE.SPORT

PARIS MADELEINE

PLANNING SEPTEMBRE 2022

135 COURS 100% COACHÉS PAR SEMAINE

5 EXPERIENCES D'ENTRAÎNEMENT

YOGA/PILATES - BOXE - CROSSFIT - CYCLING - RUNNING
120 CRENEAUX D'OPEN GYM PAR SEMAINE

CORNER RECOVERY

MASSAGE - OSTHOPATHIE - CHIROPRAQUE - BILAN POSTURAL

OUVERTURE 7/7

SALLE 1 - YOGA / PILATES						
LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
	7:45 - 8:30 YIN YANG YOGA Alya			7:45 - 8:30 YIN YANG YOGA Celine		
					18:15 - 11:15 YOGA VINYASA Olivia	18:45 - 11:45 YOGA VINYASA Christelle
12:30 - 12:30 NORDIC PILATES Mina	12:15 - 12:15 YOGA VINYASA Christelle	12:15 - 12:15 PILATES Diane	12:30 - 12:30 HATHA YOGA Christelle	12:15 - 12:15 PILATES FUSION Adele	11:30 - 12:30 ATHLETIC FUSION Lisa	18:45 - 11:45 YIN YOGA Christelle
	12:15 - 12:45 HIIT TRAINING Christelle	12:15 - 12:45 CORE TRAINING Diane	12:15 - 12:45 CORE TRAINING Christelle			
					17:45 - 18:15 HIIT TRAINING Patrick	
18:00 - 20:00 YIN YOGA Celine	18:30 - 19:30 HATHA YOGA Adele	18:45 - 19:45 ATHLETIC FUSION Adele	18:00 - 19:00 INITIATION YOGA** Julia	18:30 - 19:45 YIN YANG YOGA Olivia		
20:15 - 21:15 PILATES FUSION Lisa	19:45 - 20:45 PILATES FLOW Mina	20:00 - 21:00 YIN YOGA Hakima	19:15 - 20:15 YOGA VINYASA Julia			

SALLE 2 - BOXING						
LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
7:15 - 8:15 BOXE ANGLAISE Azz	7:00 - 12:00 PAD & PATTES D'OURS Krimo	7:15 - 8:00 OPEN GYM BOXE Krimo	7:00 - 12:00 OPEN GYM BOXE	7:15 - 9:15 BOXE ANGLAISE Philippe		
8:15 - 9:00 BOXE & BAG Azz		8:00 - 9:00 BOXE ANGLAISE Krimo		8:15 - 9:00 CONDITIONING BOXE Philippe	9:15 - 10:00 CONDITIONING BOXE Jean-Baptiste	9:15 - 10:00 CONDITIONING BOXE Philippe
9:00 - 12:00 OPEN GYM BOXE		9:00 - 12:00 OPEN GYM BOXE		9:00 - 12:00 OPEN GYM BOXE	10:15 - 11:15 BOXE FRANCAISE Jean-Baptiste	10:15 - 11:00 PAD & PATTES D'OURS Philippe
					11:15 - 12:15 BOXE FRANCAISE Jean-Baptiste	11:00 - 12:00 BOXE ANGLAISE Philippe
12:00 - 12:45 CONDITIONING BOXE Jean-Baptiste	12:00 - 12:00 BOXE FRANCAISE Philippe	12:00 - 12:00 BOXE ANGLAISE Sebastien	12:00 - 12:00 BOXE ANGLAISE Franck	12:00 - 12:45 BOXE & BAG Krimo	12:15 - 12:00 OPEN GYM BOXE	12:00 - 12:00 OPEN GYM BOXE
12:45 - 13:45 BOXE FRANCAISE Jean-Baptiste	13:00 - 13:45 BOXE & BAG Philippe	13:00 - 13:45 CONDITIONING BOXE Sebastien	13:00 - 13:45 CONDITIONING BOXE Franck	12:45 - 13:45 BOXE THAI Krimo		
14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:00 OPEN GYM BOXE	14:00 - 14:45 OPEN GYM BOXE	15:00 - 16:00 INITIATION BOXE** Azz	
					14:00 - 16:45 BOXE ANGLAISE Azz	
18:00 - 19:45 BOXE & BAG & AS Patrick	18:00 - 18:45 BOXE & BAG & AS Lucie	18:15 - 19:00 CONDITIONING BOXE Jean-Baptiste	18:15 - 19:15 BOXE ANGLAISE Sebastien	18:00 - 19:30 BOXE ANGLAISE Patrick	16:45 - 18:00 OPEN GYM BOXE	
	18:45 - 19:45 BOXE FRANCAISE Patrick	18:45 - 19:45 BOXE ANGLAISE Lucie	19:00 - 20:00 BOXE FRANCAISE Jean-Baptiste	19:15 - 20:15 BOXE FRANCAISE Ibrahim		
20:00 - 21:00 BOXE ANGLAISE Patrick	20:00 - 21:00 BOXE THAI Lucie	20:15 - 21:15 BOXE FRANCAISE Jean-Baptiste				

SALLE 3 - CROSSFIT													
LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE							
SALLE 3	SALLE 3 - ZONE 5	SALLE 3	SALLE 3 - ZONE 5	SALLE 3	SALLE 3 - ZONE 5	SALLE 3	SALLE 3	SALLE 3 - ZONE 5	SALLE 3	SALLE 3 - ZONE 5	SALLE 3	SALLE 3 - ZONE 5	SALLE 3 - ZONE 5
7:00 - 8:00 WOD Julien V	7:00 - 12:00 OPEN GYM CROSSFIT*	7:00 - 8:00 WOD Martin	7:00 - 12:00 OPEN GYM CROSSFIT*	7:00 - 8:00 WOD Julien P	7:00 - 12:00 OPEN GYM CROSSFIT*	7:00 - 8:00 WOD Martin	7:00 - 12:00 OPEN GYM CROSSFIT*	7:00 - 8:00 WOD Martin	7:00 - 12:00 OPEN GYM CROSSFIT*	7:00 - 8:00 WOD Martin	7:00 - 12:00 OPEN GYM CROSSFIT*	7:00 - 8:00 WOD Martin	7:00 - 12:00 OPEN GYM CROSSFIT*
8:00 - 8:45 WOD CONDITIONING Julien V		8:00 - 9:00 WOD Martin		8:00 - 8:45 WOD Julien P		8:00 - 8:45 WOD CONDITIONING Martin		8:00 - 8:45 WOD Julien P		8:00 - 8:45 WOD Martin		8:00 - 8:45 WOD Julien P	
9:00 - 12:00 OPEN GYM CROSSFIT		9:00 - 11:00 OPEN GYM CROSSFIT		9:00 - 12:00 OPEN GYM CROSSFIT		9:00 - 12:00 OPEN GYM CROSSFIT		9:00 - 12:00 OPEN GYM CROSSFIT		9:00 - 12:00 OPEN GYM CROSSFIT		9:00 - 12:00 OPEN GYM CROSSFIT	
		11:15 - 12:00 MUSCU FONCTIONNELLE Samuel											
12:15 - 12:15 WOD Julien V		12:15 - 12:15 WOD Antoine		12:00 - 12:00 WOD Julien V		12:00 - 12:45 WOD Antoine		12:00 - 12:00 WOD Julien V		12:00 - 12:15 WOD Julien V		12:00 - 12:15 WOD Julien V	
13:15 - 14:00 WOD CONDITIONING Julien V		13:15 - 14:00 WOD CONDITIONING Julien V		13:00 - 13:45 WOD CONDITIONING Julien V		12:45 - 13:45 WOD ENDURANCE Julien V		13:00 - 13:45 WOD Julien V		13:00 - 13:45 WOD Julien V		13:00 - 13:45 WOD Julien V	
14:0 - 17:00 OPEN GYM CROSSFIT	14:00 - 18:30 OPEN GYM CROSSFIT*	14:15 - 17:45 OPEN GYM CROSSFIT	14:00 - 17:00 OPEN GYM CROSSFIT*	14:15 - 17:45 OPEN GYM CROSSFIT	14:00 - 17:00 OPEN GYM CROSSFIT*	14:00 - 17:45 OPEN GYM CROSSFIT		14:00 - 17:00 OPEN GYM CROSSFIT		14:00 - 17:00 OPEN GYM CROSSFIT		14:00 - 17:00 OPEN GYM CROSSFIT	
17:30 - 18:30 WOD GYM Antoine		17:30 - 18:30 WOD HALTERO Jimmy	17:30 - 18:15 WOD INITIATION** Sandra	17:30 - 18:15 WOD CONDITIONING Antoine		17:30 - 18:45 WOD GYM Julien P		17:30 - 18:15 WOD TEAM WOD TEAM		17:30 - 18:15 WOD TEAM WOD TEAM		17:30 - 18:15 WOD TEAM WOD TEAM	
18:30 - 19:30 WOD Antoine	18:45 - 21:00 RUNNING Sandra	18:30 - 19:30 WOD HALTERO Jimmy	18:30 - 19:30 WOD ENDURANCE Sandra	18:30 - 19:15 MUSCU FONCTIONNELLE Julien V	18:30 - 19:15 MUSCU FONCTIONNELLE Julien V	17:45 - 18:45 WOD GYM Julien P		17:30 - 18:15 WOD INITIATION** Julien V		17:30 - 18:15 WOD INITIATION** Julien V		17:30 - 18:15 WOD INITIATION** Julien V	
19:45 - 20:45 WOD Julien V	20:00 - 20:45 BOOTY SHAPE Sandra	19:45 - 20:45 WOD Jimmy		19:30 - 20:30 WOD Julien V		18:45 - 19:45 WOD Julien P		18:15 - 19:15 WOD Julien P		18:15 - 19:15 WOD Julien P		18:15 - 19:15 WOD Julien P	
20:45 - 21:30 WOD Julien V		20:45 - 21:30 WOD CONDITIONING Jimmy		20:30 - 21:30 WOD Julien V		20:30 - 21:00 WOD Julien P		19:30 - 20:30 WOD Julien P		19:30 - 20:30 WOD Julien P		19:30 - 20:30 WOD Julien P	

SALLE 4 - CYCLING						
LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
7:00 - 12:00 OPEN GYM CYCLING	7:00 - 8:15 CYCLING EXPERIENCE Nathalie	7:00 - 12:00 OPEN GYM CYCLING	7:15 - 8:00 CYCLING PERFORMANCE Sebastien	7:00 - 12:00 OPEN GYM CYCLING		
	8:30 - 12:00 OPEN GYM CYCLING		8:30 - 12:00 OPEN GYM CYCLING			
					18:00 - 18:45 CYCLING EXPERIENCE Jean-Philippe	18:15 - 11:00 CYCLING PERFORMANCE Sebastien
					11:00 - 11:45 CYCLING PERFORMANCE Jean-Philippe	11:15 - 12:00 CYCLING EXPERIENCE Sebastien
					12:00 - 12:45 CYCLING INITIATION** Jean-Philippe	
12:15 - 13:00 CYCLING EXPERIENCE Adele	12:45 - 13:30 CYCLING PERFORMANCE Samuel	12:45 - 13:30 CYCLING PERFORMANCE Sebastien	12:15 - 13:00 CYCLING EXPERIENCE Sebastien	12:45 - 13:30 CYCLING PERFORMANCE Roxane	13:00 - 17:30 OPEN GYM CYCLING	
14:00 - 18:00 OPEN GYM CYCLING	14:00 - 17:30 OPEN GYM CYCLING	14:00 - 18:00 OPEN GYM CYCLING	14:00 - 18:00 OPEN GYM CYCLING	14:00 - 21:00 OPEN GYM CYCLING		
	18:00 - 18:30 CYCLING POWER TEST** Fanny					
18:45 - 19:45 CYCLING PERFORMANCE XL Vincent	18:45 - 19:30 CYCLING EXPERIENCE Fanny	18:45 - 19:45 CYCLING PERFORMANCE XL Sebastien	18:15 - 19:00 CYCLING EXPERIENCE Jean-Philippe			
20:00 - 20:45 CYCLING PERFORMANCE Vincent	19:45 - 20:30 CYCLING EXPERIENCE Fanny	20:00 - 20:45 CYCLING PERFORMANCE Sebastien	19:15 - 20:00 CYCLING PERFORMANCE Jean-Philippe			

* 1 fois par mois

** réservé aux abonnés